## NATIONAL INSTITUTE OF CORRECTIONS ACADEMY DIVISION

## THINKING FOR A CHANGE

## **TABLE OF CONTENTS**

Ρ	re	fa	ce

Lesson 1: Introduction

Lesson 2: Active Listening

Lesson 3: Asking Questions

Lesson 4: Giving Feedback

Lesson 5: Knowing Your Feelings

Lesson 6: Thinking Controls Our Behavior

Lesson 7: Pay Attention to Our Thinking

Lesson 8: Recognize Risk

Lesson 9: Use New Thinking

Lesson 10: Thinking Check-in

Lesson 11: Understanding the Feelings of Others

Lesson 12: Making a Complaint

Lesson 13: Apologizing

Lesson 14: Responding to Anger

Lesson 15: Negotiating

Lesson 16: Introduction to Problem Solving

Lesson 17: Stop and Think

Lesson 18: State the Problem

Lesson 19: Set a Goal and Gather Information

Lesson 20: Practice Problem Solving Skills 1 – 3

Lesson 21: Think of Choices and Consequences

Lesson 22: Make a Plan

Lesson 23: Do and Evaluate

Lesson 24: Problem Solving – Application

Lesson 25: Next Steps

Appendix A: Cognitive Self Change After -care Template

Appendix B: Social Skills After-care Template

Appendix C: Problem Solving Skills After-care Template